



NATIONAL
Prevention
Week 2018
ACTION TODAY. **HEALTHIER TOMORROW.**
MAY 13–19, 2018



2018 NATIONAL PREVENTION WEEK PLANNING GUIDE AND RESOURCE CALENDAR



INTRODUCING YOUR ...

2018 NATIONAL PREVENTION WEEK PLANNING GUIDE AND RESOURCE CALENDAR

We all look forward to National Prevention Week (NPW) each year, but it can sneak up on even the most prepared among us.

This NPW 2018 Planning Guide and Resource Calendar will serve both the planners and the procrastinators as you plan your 2018 and 2019 events. Throughout the calendar, you'll find health observances, SAMHSA resources, and information about NPW partners and the tools they can provide.

This year, we're starting you off on the right foot by putting front and center the planning tasks you should take on each quarter. Then, dig into the week-by-week pages, which include space for you to capture those ideas you develop that can take your event in new directions. Together, these pages can guide you in making the most of NPW 2018 and setting a brilliant stage for NPW 2019.

**ARE YOU READY FOR NPW 2018?
FLIP THE PAGE AND START PLANNING!**



What would you say to your future self about what you're doing today to ensure a healthier tomorrow?

- **Write a letter (or draw a picture!)** about the choices you're making to live a healthy, happy life.
- **Take a picture of your letter and share** it on social media to inspire others!
- **Share the next page** with a friend or family member.
- **Record a video of yourself** reading your letter, then share the video on social media to empower others.

#DearFutureMe

NATIONAL
Prevention Week 2018
ACTION TODAY. HEALTHIER TOMORROW.



#DearFutureMe

NATIONAL
Prevention
Week 2018
ACTION TODAY.  HEALTHIER TOMORROW.



QUARTER 1

JANUARY – MARCH

JANUARY

1. Create an overview that explains the goal of your event and the opportunity it provides. Share this with potential partners to spread the word and gain support.

FEBRUARY

2. Develop a marketing plan and a list of promotional materials you plan to create. Make sure you line up appropriate vendors such as printers.
3. Consider your media outreach strategy and draft a schedule and ideas. Start drafting press releases, media advisories, and media kit materials so you can send them well in advance of your event.

MARCH

4. Develop a guest list for your event and invite any special guests or speakers.
5. Create a detailed supplies list, and note what you need to buy and what can be borrowed or donated.

HAPPY NEW YEAR 2018

Kick off 2018 by resolving to make a positive behavior change in your life,
and help those around you keep their resolutions.

DECEMBER 2017 – JANUARY 2018

- | | | |
|----------------|-----|-------|
| 31 | SUN | _____ |
| 1 | MON | _____ |
| NEW YEAR'S DAY | | |
| 2 | TUE | _____ |
| 3 | WED | _____ |
| 4 | THU | _____ |
| 5 | FRI | _____ |
| 6 | SAT | _____ |

TO DO THIS WEEK

19
WEEKS TO NPW



NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH)

The National Institute of Mental Health (NIMH), the lead Federal agency for research on mental disorders, aims to “transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.” They offer numerous resources that cover a range of mental health topics.

<https://www.nimh.nih.gov/health/publications/index.shtml>

JANUARY 2018

7	SUN	_____
8	MON	_____
9	TUE	_____
10	WED	_____
11	THU	_____
12	FRI	_____
13	SAT	_____

TO DO THIS WEEK

National Institute of Mental Health

Depression

What You Need to Know

Talking to Your Doctor

How well you and your doctor talk to each other is one of the most important parts of getting good health care. But talking to your doctor isn't always easy. It takes time and effort on your part, as well as your doctor's.

To help you prepare for your appointment, make a list of:

- Any symptoms you've had, including any that may seem unrelated to the reason for your appointment
- When did your symptoms start?
- How often do your symptoms occur?
- Have the symptoms changed before?
- If the symptoms have occurred before, how were they treated?

Key personal information, including any major stresses or recent life changes

- All medications, vitamins, or other supplements that you're taking, including how much and how often
- Questions to ask your health provider

If you don't have a primary doctor or are not at ease with the one you currently see, now may be the time to find a new doctor. Whether you just moved to a new city or are switching providers, it's helpful to have a good relationship with your doctor or medical staff. It's worthwhile to spend some time finding a doctor you can trust.

Tests and Diagnosis

Your doctor or health care provider will want to know about your symptoms before the appointment. Your doctor may do a physical exam and ask questions about your symptoms and medical history. There are no lab tests that can specifically diagnose depression, but your doctor may also order some lab tests to rule out other conditions.

Depression—What You Need to Know



WEEKS TO NPW
18



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

CHECK OUT THE FOCUS ON PREVENTION TOOLKIT

SAMHSA's Focus on Prevention toolkit guides communities in planning and delivering proven and practical substance use prevention strategies.

www.store.samhsa.gov

JANUARY 2018

- | | | |
|-----------------------------|-----|-------|
| 14 | SUN | _____ |
| 15 | MON | _____ |
| MARTIN LUTHER KING, JR. DAY | | |
| 16 | TUE | _____ |
| 17 | WED | _____ |
| 18 | THU | _____ |
| 19 | FRI | _____ |
| 20 | SAT | _____ |

TO DO THIS WEEK

17
WEEKS TO NPW



Focus On | Prevention

Strategies and Programs to Prevent Substance Use



U.S. Department of Health and Human Services
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

NIDA'S NATIONAL DRUG AND ALCOHOL FACTS WEEK

Join National Drugs and Alcohol Chat Day, an annual live online chat held among high school students and National Institute on Drug Abuse (NIDA) scientists during National Drug Facts Week.

www.teens.drugabuse.gov/national-drug-alcohol-facts-week

JANUARY 2018

- | | | |
|--|-----|-------|
| 21 | SUN | _____ |
| 22 | MON | _____ |
| <small>NATIONAL DRUGS AND ALCOHOL CHAT DAY</small> | | |
| 23 | TUE | _____ |
| 24 | WED | _____ |
| 25 | THU | _____ |
| 26 | FRI | _____ |
| 27 | SAT | _____ |

TO DO THIS WEEK



NATIONAL AFRICAN AMERICAN HISTORY MONTH

Learn about SAMHSA's programs, initiatives, and resources that can help improve the health of diverse communities of color.

www.africanamericanhistorymonth.gov

JANUARY – FEBRUARY 2018

- | | | |
|----|-----|-------|
| 28 | SUN | _____ |
| 29 | MON | _____ |
| 30 | TUE | _____ |
| 31 | WED | _____ |
| 1 | THU | _____ |
| 2 | FRI | _____ |
| 3 | SAT | _____ |

TO DO THIS WEEK

15
WEEKS TO NPW



SAMHSA'S PREVENTION DAY

This one-day event provides an exciting forum for prevention practitioners, community leaders, consumers, and advocates to learn about effective programs and the latest prevention-related developments. Discover the power of prevention!

<http://www.cadca.org/events/forum2018>

FEBRUARY 2018

- | | | |
|-------------------------|-----|-------|
| 4 | SUN | _____ |
| 5 | MON | _____ |
| SAMHSA'S PREVENTION DAY | | |
| 6 | TUE | _____ |
| 7 | WED | _____ |
| 8 | THU | _____ |
| 9 | FRI | _____ |
| 10 | SAT | _____ |

TO DO THIS WEEK

14
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

CHILDREN OF ALCOHOLICS WEEK

Join SAMHSA in celebrating the many thousands of children who have received help to recover from the pain and loss suffered in their childhood, as well as offering hope to those still experiencing the adverse impact of parental alcohol and drug addiction.

Visit the National Association for Children of Addiction to learn more: www.nacoa.org

FEBRUARY 2018

11	SUN	_____
12	MON	_____
13	TUE	_____
14	WED	_____
15	THU	_____
16	FRI	_____
17	SAT	_____

TO DO THIS WEEK



13
WEEKS TO NPW

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

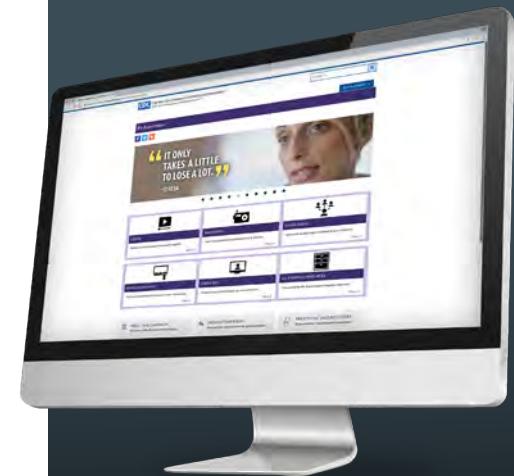
As the nation's leading public health agency, the Centers for Disease Control and Prevention (CDC) responds to disease outbreaks, ensures food and water safety, works to prevent leading causes of death, and addresses global threats to our nation's health.

www.cdc.gov

FEBRUARY 2018

18	SUN	_____
19	MON	_____
	PRESIDENTS DAY	
20	TUE	_____
21	WED	_____
22	THU	_____
23	FRI	_____
24	SAT	_____

TO DO THIS WEEK



12
WEEKS TO NPW

 SAMHSA
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

BUILDING ON STRENGTHS: IMPROVING POSITIVE OUTCOMES FOR BOYS AND YOUNG MEN OF COLOR

These tools from SAMHSA's Center for the Application of Prevention Technologies (CAPT) can help practitioners improve the positive outcomes and overall well-being of boys and young men of color by building on strengths.

www.samhsa.gov/capt/tools-learning-resources/ensuring-well-being-boys-young-men-color

FEBRUARY – MARCH 2018

25	SUN	_____
26	MON	_____
27	TUE	_____
28	WED	_____
1	THU	_____
	ZERO DISCRIMINATION DAY	
2	FRI	_____
3	SAT	_____

TO DO THIS WEEK

11
WEEKS TO NPW

A collage of images showing diverse young men of color in various settings, such as a classroom, outdoors, and in a group. The text on the cover includes:

Building on Strengths: Tools for Improving Positive Outcomes
Executive Summary:
Main Findings on Protective Factors and Programs

Building on Strengths: Tools for Improving Positive Outcomes
Sources of Data on Substance Use and Misuse Among Boys and Young Men of Color

Using Prevention Research to Guide Prevention Practice
SAMHSA's Center for the Application of Prevention Technologies
January, 2016

Building on Strengths:
Improving Positive Outcomes for Boys and Young Men of Color
SAMHSA's new tools from CAPT help practitioners develop programming that protects boys and young men from mental health challenges and related behavioral health problems and promotes their overall well-being.

Available now on samhsa.gov/capt

XSAMHSA

NATIONAL PREVENTION WEEK CHALLENGE

What would you say to your future self about what you're doing today to ensure a healthier tomorrow?

www.samhsa.gov/prevention-week

MARCH 2018

- | | | |
|----|-----|-------|
| 4 | SUN | _____ |
| 5 | MON | _____ |
| 6 | TUE | _____ |
| 7 | WED | _____ |
| 8 | THU | _____ |
| 9 | FRI | _____ |
| 10 | SAT | _____ |

TO DO THIS WEEK

10
WEEKS TO NPW



- Write a letter (or draw a picture!) about the choices you're making to live a healthy, happy life.
- Take a picture of your letter and share it on social media to inspire others!
- Record a video of yourself reading your letter, then share the video on social media to empower others.

DRUG ENFORCEMENT ADMINISTRATION (DEA)

The U.S. Drug Enforcement Administration (DEA) enforces the country's controlled substances laws and regulations and works with agencies at all levels to reduce the availability of illicit abuse-type drugs, in addition to other services and responsibilities.

www.dea.gov

MARCH 2018

11	SUN	_____
12	MON	_____
13	TUE	_____
14	WED	_____
15	THU	_____
16	FRI	_____
17	SAT	_____

TO DO THIS WEEK



9
WEEKS TO NPW



PROBLEM GAMBLING AWARENESS MONTH

The purpose of Problem Gambling Awareness Month is to increase awareness of problem gambling and the services available for prevention, treatment, and recovery, as well as encourage health care providers to screen people accordingly.

<http://www.npgaw.org>

MARCH 2018

18	SUN	_____
19	MON	_____
20	TUE	_____ INTERNATIONAL DAY OF HAPPINESS
21	WED	_____
22	THU	_____
23	FRI	_____
24	SAT	_____

TO DO THIS WEEK

8
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

GETTING READY FOR

NATIONAL PREVENTION WEEK

SAMHSA's National Prevention Week begins in 7 weeks! Access the online toolkit for help planning events and spreading the message that prevention works!

Last year's webinars provide information about NPW topics and how to get involved:
<https://www.samhsa.gov/prevention-week/webinars>

MARCH 2018

25	SUN	_____
26	MON	_____
27	TUE	_____
28	WED	_____
29	THU	_____
30	FRI	_____
31	SAT	_____

TO DO THIS WEEK



NATIONAL
Prevention
Week 2018
ACTION TODAY. **HEALTHIER TOMORROW.**
MAY 13–19, 2018

7
WEEKS TO NPW

NPW
national prevention week

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov



QUARTER 2

APRIL – JUNE

APRIL

1. Form teams and assign duties for each task so everything is ready for the event. Determine how many volunteers you might need and reach out to potential volunteers as early as possible.
2. Talk to partners about promoting the event on their own websites and social media. Provide them with sample messages and content to streamline the process.

MAY

3. Enjoy your event, and make sure someone takes lots of photos!
4. Share pictures and videos from the event on your social media channels and through media contacts, if possible. This will help you keep the momentum going as you begin planning next year's event.
5. Thank sponsors, partners, media contacts, vendors, and anyone else who helped make your event a success. If you didn't contact them right after the event, be sure to thank them as soon as you can.

JUNE

NATIONAL

PUBLIC HEALTH WEEK

Take time to recognize the impact of public health and prevention efforts seeking to improve the health of our communities and nation.

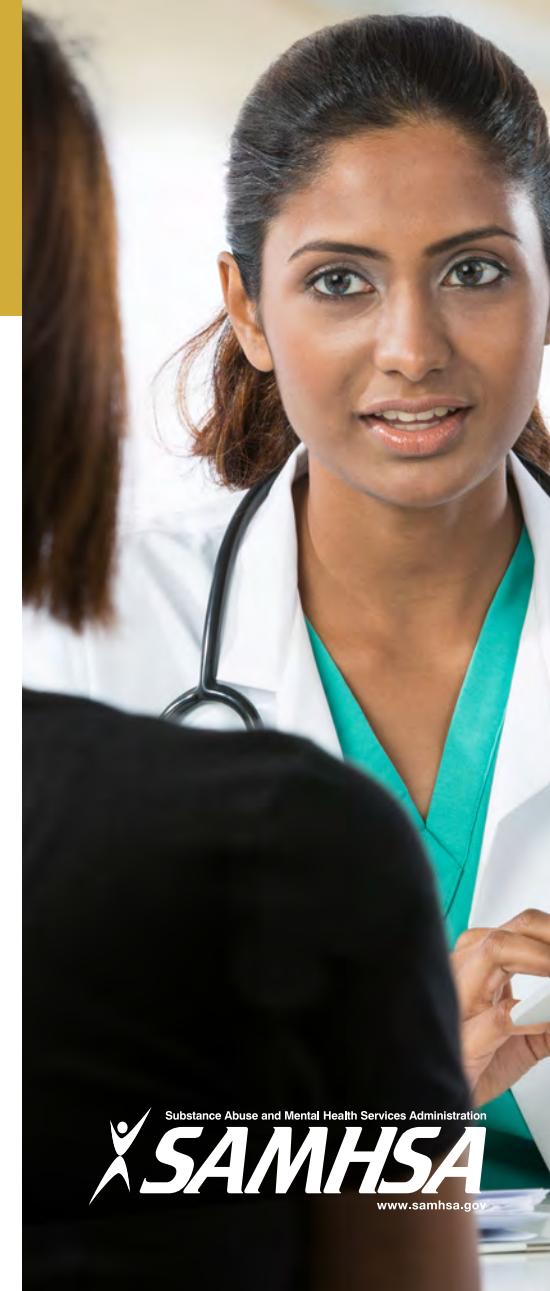
Visit the American Public Health Association to learn more: www.apha.org.

APRIL 2018

- | | | |
|---|-----|---|
| 1 | SUN | _____ |
| 2 | MON | _____ |
| 3 | TUE | _____ |
| 4 | WED | _____ |
| 5 | THU | _____
NATIONAL ALCOHOL SCREENING DAY |
| 6 | FRI | _____ |
| 7 | SAT | _____
WORLD HEALTH DAY |

TO DO THIS WEEK

6
WEEKS TO NPW



NATIONAL ALCOHOL AWARENESS MONTH

SAMHSA's Communities Talk initiative educates communities about the risks and consequences of underage and high-risk drinking and mobilizes them to take evidence-based actions at the local, state, and national levels.

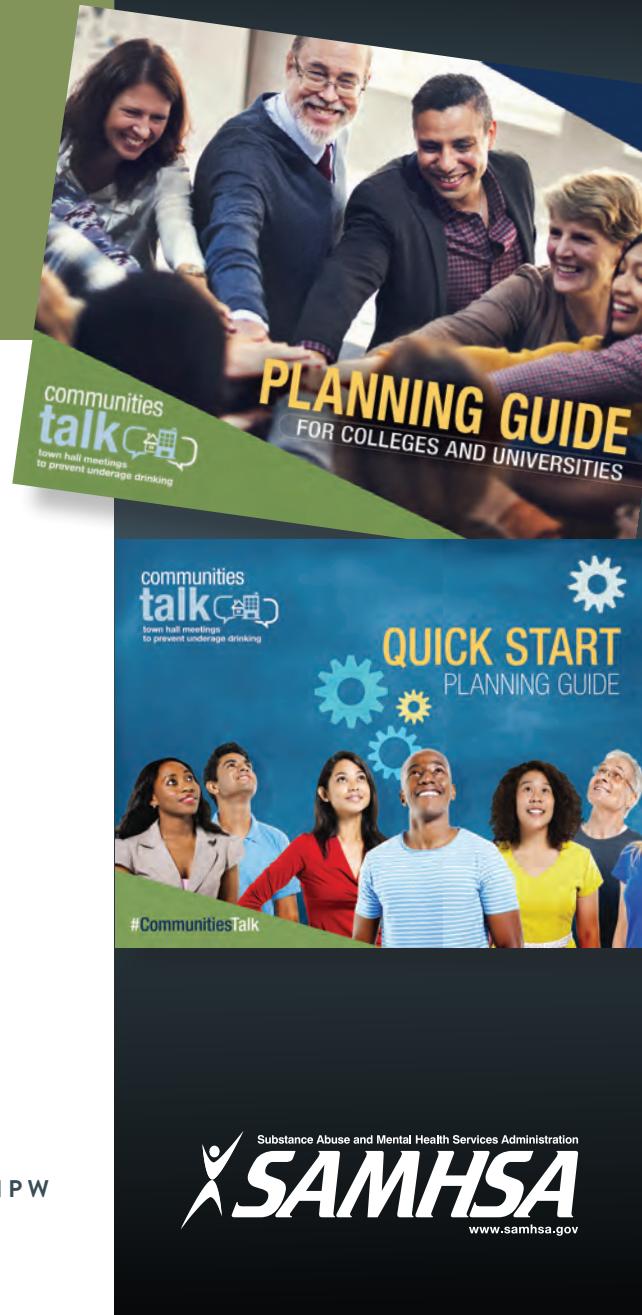
www.stopalcoholabuse.gov

APRIL 2018

8	SUN	_____
9	MON	_____
10	TUE	_____
		NATIONAL YOUTH HIV & AIDS AWARENESS DAY
11	WED	_____
12	THU	_____
13	FRI	_____
14	SAT	_____

TO DO THIS WEEK

5
WEEKS TO NPW



“TALK. THEY HEAR YOU.” APP

When parents and caregivers talk, children do listen. SAMHSA’s “Talk. They Hear You.” app uses avatars to help parents practice starting—and continuing—this important conversation.

www.samhsa.gov/underage-drinking

Available from Google Play, Apple iTunes, the Windows Store, or Windows Phone Store.

APRIL 2018

15	SUN	_____
16	MON	_____
17	TUE	_____
18	WED	_____
19	THU	_____
20	FRI	_____
21	SAT	_____

TO DO THIS WEEK

4
WEEKS TO NPW



COMMUNITY EVENTS FOR

NATIONAL PREVENTION WEEK

Check out the events page on the National Prevention Week website
to see what NPW events are happening in your area.

www.samhsa.gov/prevention-week

APRIL 2018

- | | | |
|----|-----|-------|
| 22 | SUN | _____ |
| 23 | MON | _____ |
| 24 | TUE | _____ |
| 25 | WED | _____ |
| 26 | THU | _____ |
| 27 | FRI | _____ |
| 28 | SAT | _____ |

TO DO THIS WEEK

3
WEEKS TO NPW



ASIAN/PACIFIC AMERICAN HERITAGE MONTH

In May, we learn about SAMHSA's programs, initiatives, and resources that can help improve the health of diverse communities of color—including the generations of Asian Americans and Pacific Islanders who have enriched America's history and are instrumental in its future.

www.asianpacificheritage.gov

APRIL – MAY 2018

- | | | |
|----|-----|-------|
| 29 | SUN | _____ |
| 30 | MON | _____ |
| 1 | TUE | _____ |
| 2 | WED | _____ |
| 3 | THU | _____ |
| 4 | FRI | _____ |
| 5 | SAT | _____ |

TO DO THIS WEEK

2
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY

Explore how communities can increase access to behavioral health services and supports for children, youth, and young adults who experience mental or substance use disorders and their families.

www.samhsa.gov/children

MAY 2018

6	SUN	_____
7	MON	_____
8	TUE	_____
9	WED	_____
10	THU	_____
11	FRI	_____
12	SAT	_____

TO DO THIS WEEK

1
WEEK TO NPW



NATIONAL PREVENTION WEEK

National Prevention Week has finally arrived! Talk to your family and friends about the actions you can take today to ensure a healthier tomorrow. Attend an event or engage online using #NPW2018.

www.samhsa.gov/prevention-week

MAY 2018

13	SUN	NATIONAL WOMEN'S HEALTH WEEK MOTHER'S DAY
14	MON	PROMOTION OF MENTAL HEALTH & WELLNESS
15	TUE	PREVENTION OF UNDERAGE DRINKING & ALCOHOL MISUSE
16	WED	PREVENTION OF PRESCRIPTION & OPIOID DRUG MISUSE
17	THU	PREVENTION OF ILLICIT DRUG USE & YOUTH MARIJUANA USE
18	FRI	PREVENTION OF SUICIDE
19	SAT	PREVENTION OF YOUTH TOBACCO USE

TO DO THIS WEEK

NPW!



NATIONAL
Prevention
Week 2018
ACTION TODAY. HEALTHIER TOMORROW.
MAY 13–19, 2018

NATIONAL
Prevention
Week 2018
ACTION TODAY. HEALTHIER TOMORROW.

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

NATIONAL

MATERNAL DEPRESSION

AWARENESS MONTH

This month, broaden awareness among women, friends and family, and health care providers about postpartum depression by encouraging those who may be affected to speak up about how they feel.

Learn more at <https://mchb.hrsa.gov/maternal-child-health-topics/maternal-and-womens-health>.

MAY 2018

20	SUN	_____
21	MON	_____
22	TUE	_____
23	WED	_____
24	THU	_____
25	FRI	_____
26	SAT	_____

TO DO THIS WEEK



KEEPING YOUTH DRUG FREE

TOOLKIT

SAMHSA's recently updated toolkit provides parents with information and strategies for keeping their children drug free, including establishing and maintaining open communication, making and enforcing clear rules, and being a positive role model.

www.store.samhsa.gov

MAY – JUNE 2018

27	SUN	_____
28	MON	_____
		MEMORIAL DAY
29	TUE	_____
30	WED	_____
31	THU	_____
		WORLD NO TOBACCO DAY
1	FRI	_____
2	SAT	_____

TO DO THIS WEEK

Keeping Youth DRUG FREE



NATIONAL
Prevention
week 2018
ACTION TODAY. HEALTHIER TOMORROW.

51
WEEKS TO NPW

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

THANK YOU FOR SUPPORTING NATIONAL PREVENTION WEEK

Though National Prevention Week 2018 is over, prevention is a year-round celebration.

Check out #NPW2018 to get inspired by this year's successes.

JUNE 2018

TO DO THIS WEEK

- | | | |
|---|-----|-------|
| 3 | SUN | _____ |
| 4 | MON | _____ |
| 5 | TUE | _____ |
| 6 | WED | _____ |
| 7 | THU | _____ |
| 8 | FRI | _____ |
| 9 | SAT | _____ |

50
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

NATIONAL MEN'S HEALTH

MONTH AND WEEK (JUNE 11 – 17)

Join your community in raising awareness around preventable health problems for men and encourage check-ups to detect diseases early.

Learn more at <https://www.cdc.gov/features/healthymen/index.html>.

JUNE 2018

- | | | |
|----|-----|-------|
| 10 | SUN | _____ |
| 11 | MON | _____ |
| 12 | TUE | _____ |
| 13 | WED | _____ |
| 14 | THU | _____ |
| 15 | FRI | _____ |
| 16 | SAT | _____ |

TO DO THIS WEEK

49
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

HEALTH RESOURCES AND SERVICES ADMINISTRATION (HRSA)

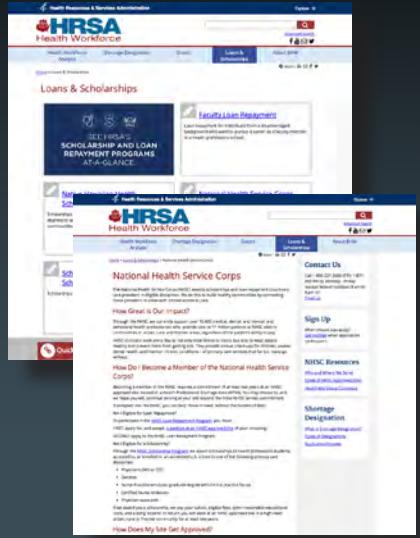
As part of the Department of Health and Human Services, the Health Resources and Services Administration (HRSA) aims to improve access to quality, affordable care by helping to develop a stronger health care workforce and building healthier communities.

www.hrsa.gov

JUNE 2018

17	SUN	_____
		FATHER'S DAY
18	MON	_____
19	TUE	_____
20	WED	_____
21	THU	_____
		INTERNATIONAL DAY OF YOGA
22	FRI	_____
23	SAT	_____

TO DO THIS WEEK



48
WEEKS TO NPW



NATIONAL HIV TESTING DAY

JUNE 27

Take the test, take control. Visit AIDS.gov to get involved around National HIV Testing Day.

<https://www.hiv.gov/events/awareness-days/hiv-testing-day>

JUNE 2018

24	SUN	_____
25	MON	_____
26	TUE	INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING
27	WED	NATIONAL HIV TESTING DAY NATIONAL PTSD AWARENESS DAY
28	THU	_____
29	FRI	_____
30	SAT	_____

TO DO THIS WEEK

47
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov



QUARTER 3

JULY – SEPTEMBER

JULY

1. Evaluate your event so you have lessons to draw on for next year. Media coverage, feedback forms, and discussions with participants and partners can give you great information to apply for your 2019 event.

AUGUST

2. Research other NPW events to get ideas. Organizations across the country hold exciting, informative events that are sure to inspire your own planning.

SEPTEM-

3. Brainstorm the core elements of your event for next year, such as audience, topics/themes, type of event, and date. Consider what you should change from this year's event and what can stay the same.

NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

July is about enhancing public awareness of mental health among minorities.

How can you support positive mental health in your community?

<https://minorityhealth.hhs.gov/omh/content.aspx?ID=9447>

JULY 2018

- | | | |
|------------------|-----|-------|
| 1 | SUN | _____ |
| 2 | MON | _____ |
| 3 | TUE | _____ |
| 4 | WED | _____ |
| INDEPENDENCE DAY | | |
| 5 | THU | _____ |
| 6 | FRI | _____ |
| 7 | SAT | _____ |

TO DO THIS WEEK

46
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

SAMHSA'S TIPS FOR TEENS SERIES

This series of brochures provides facts and dispels myths about the health risks associated with substance use. Download any or all of the brochures today at the SAMHSA Store.

www.store.samhsa.gov

JULY 2018

8 SUN	_____
9 MON	_____
10 TUE	_____
11 WED	_____
12 THU	_____
13 FRI	_____
14 SAT	_____

TO DO THIS WEEK

45
WEEKS TO NPW



TIPS for TEENS

HEROIN

THE TRUTH ABOUT HEROIN

GET THE FACTS

Heroin affects the brain, heart, lungs, and other organs. It can cause death if taken in large amounts. Heroin is a powerful pain killer that can lead to addiction. It can also cause other health problems like heart disease, lung damage, and liver problems.

Q & A

DO HEROINS AFFECT THE BRAIN?

A. Yes. Heroin affects the brain, heart, lungs, and other organs. It can cause death if taken in large amounts. Heroin is a powerful pain killer that can lead to addiction. It can also cause other health problems like heart disease, lung damage, and liver problems.

IS HEROIN ADDICTIVE?

A. Yes. Heroin is highly addictive. It can cause physical dependence and withdrawal symptoms if you stop taking it.

WHAT DOES HEROIN LOOK LIKE?

A. Heroin looks like a white or brown powder. It can also look like small black or grey tablets.

WHERE CAN I GET HELP?

A. If you or someone you know is using heroin, call the National Helpline at 1-800-662-HELP (4357) or visit [samhsa.gov](http://www.samhsa.gov).

TIPS for TEENS

INHALANTS

THE TRUTH ABOUT INHALANTS

GET THE FACTS

Inhalants affect the brain, heart, lungs, and other organs. They can cause death if taken in large amounts. Inhalants are chemicals found in everyday products like glue, paint, and aerosol cans. They can cause short-term effects like dizziness, lightheadedness, and hallucinations. They can also cause long-term effects like memory loss and brain damage.

Q & A

DOES INHALANT USE CAUSE BRAIN DAMAGE?

A. Yes. Inhalants affect the brain, heart, lungs, and other organs. They can cause death if taken in large amounts. Inhalants are chemicals found in everyday products like glue, paint, and aerosol cans. They can cause short-term effects like dizziness, lightheadedness, and hallucinations. They can also cause long-term effects like memory loss and brain damage.

IS IT OK TO TAKE INHALANTS?

A. No. Inhalants are not safe to take. They can cause serious health problems like heart attacks, lung damage, and brain damage.

WHAT ARE THE SIDE EFFECTS OF INHALANT USE?

A. Inhalants affect the brain, heart, lungs, and other organs. They can cause short-term effects like dizziness, lightheadedness, and hallucinations. They can also cause long-term effects like memory loss and brain damage.

WHAT CAN I DO IF I'M ABUSING INHALANTS?

A. If you're abusing inhalants, get help from a doctor or a mental health professional. They can help you quit and treat any health problems you might have.

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

TIPS for TEENS

METHAMPHETAMINE

THE TRUTH ABOUT METHAMPHETAMINE

GET THE FACTS

Methamphetamine affects the brain, heart, lungs, and other organs. It can cause death if taken in large amounts. Methamphetamine is a stimulant drug that can cause feelings of euphoria and energy. It can also cause other health problems like heart attacks, lung damage, and brain damage.

Q & A

DOES METHAMPHETAMINE CAUSE BRAIN DAMAGE?

A. Yes. Methamphetamine can cause brain damage. It can also cause other health problems like heart attacks, lung damage, and brain damage.

WHAT IS THE "STIMMING" EFFECT OF METHAMPHETAMINE?

A. Stimming is the name given to methamphetamine because it stimulates the central nervous system. It can cause feelings of euphoria and energy. It can also cause other health problems like heart attacks, lung damage, and brain damage.

WHAT IS THE "DOWNER" EFFECT OF METHAMPHETAMINE?

A. Downer is the name given to methamphetamine because it can cause feelings of depression and exhaustion. It can also cause other health problems like heart attacks, lung damage, and brain damage.

WHAT IS THE "FLASH" EFFECT OF METHAMPHETAMINE?

A. Flash is the name given to methamphetamine because it can cause feelings of euphoria and energy. It can also cause other health problems like heart attacks, lung damage, and brain damage.

TIPS for TEENS

COCAINE

THE TRUTH ABOUT COCAINE

GET THE FACTS

Cocaine affects the brain, heart, lungs, and other organs. It can cause death if taken in large amounts. Cocaine is a stimulant drug that can cause feelings of euphoria and energy. It can also cause other health problems like heart attacks, lung damage, and brain damage.

Q & A

DOES COCAINE CAUSE BRAIN DAMAGE?

A. Yes. Cocaine can cause brain damage. It can also cause other health problems like heart attacks, lung damage, and brain damage.

WHAT IS THE "FLASH" EFFECT OF COCAINE?

A. Flash is the name given to cocaine because it can cause feelings of euphoria and energy. It can also cause other health problems like heart attacks, lung damage, and brain damage.

WHAT IS THE "DOWNER" EFFECT OF COCAINE?

A. Downer is the name given to cocaine because it can cause feelings of depression and exhaustion. It can also cause other health problems like heart attacks, lung damage, and brain damage.

GET CONNECTED

Service providers for older adults can use this toolkit—which includes a program coordinator's guide, suggested curricula, and handouts—to learn more about mental illness and substance use disorders in this population.

www.store.samhsa.gov

JULY 2018

- | | | |
|----|-----|-------|
| 15 | SUN | _____ |
| 16 | MON | _____ |
| 17 | TUE | _____ |
| 18 | WED | _____ |
| 19 | THU | _____ |
| 20 | FRI | _____ |
| 21 | SAT | _____ |

TO DO THIS WEEK



44
WEEKS TO NPW

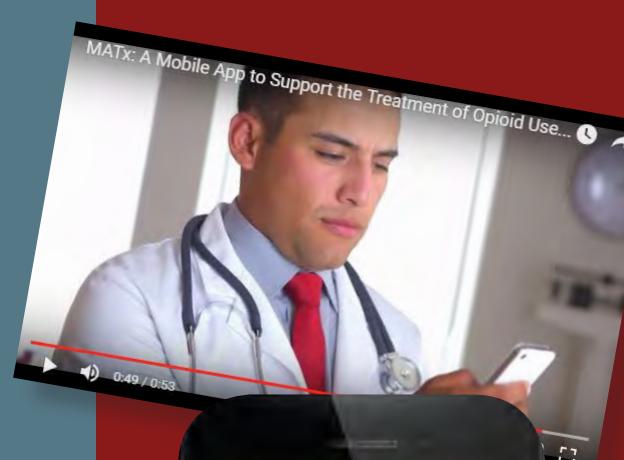


MATx

MOBILE APP to Support Medication-Assisted Treatment of Opioid Use Disorder

SAMHSA's free MATx app empowers health care practitioners to provide effective, evidence-based care for opioid use disorders. This app supports practitioners who currently provide medication-assisted treatment (MAT), as well as those who plan to do so in the future.

www.store.samhsa.gov



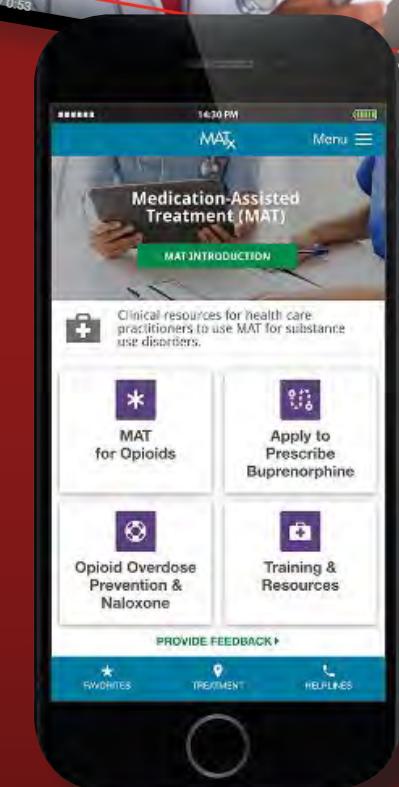
JULY 2018

22	SUN	_____
23	MON	_____
24	TUE	_____
25	WED	_____
26	THU	_____
27	FRI	_____
28	SAT	_____

TO DO THIS WEEK

NATIONAL DANCE DAY

43
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

CHECK OUT THE **ALCOHOLFX APP**

SAMHSA's AlcoholFX app provides fifth- and sixth-grade classroom teachers with a science-based curriculum to help students develop positive behaviors and social skills that can protect them from underage alcohol use at a critical transition point in their lives.

Available from [Google Play](#) or [Apple iTunes](#).

JULY – AUGUST 2018

29	SUN	_____
30	MON	_____ INTERNATIONAL DAY OF FRIENDSHIP
31	TUE	_____
1	WED	_____
2	THU	_____
3	FRI	_____
4	SAT	_____

TO DO THIS WEEK



TEACH Alcohol Use CONSEQUENCES



42
WEEKS TO NPW

SAMHSA HELPS YOU

PREPARE FOR BACK TO SCHOOL

Many parents are not sure how to talk to their children about the dangers of alcohol, but it is important that they start talking early, and often. SAMHSA's "Talk. They Hear You." campaign helps parents and other caregivers prepare for one of the most important conversations they may ever have.

www.samhsa.gov/underage-drinking

AUGUST 2018

TO DO THIS WEEK

5 SUN _____

6 MON _____

7 TUE _____

8 WED _____

9 THU _____

10 FRI _____

11 SAT _____



41
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

SAMHSA'S KNOWBULLYING APP

Help more people have the power to prevent bullying by downloading the KnowBullying app and placing the campaign materials within your emails, products, newsletters, or websites.

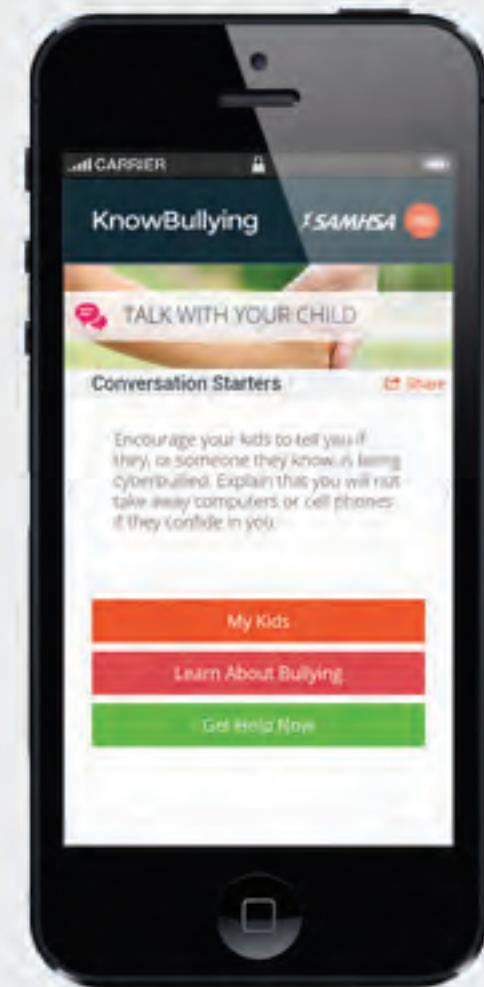
Available from Google Play or Apple iTunes.

AUGUST 2018

12	SUN	_____
13	MON	_____
14	TUE	_____
15	WED	_____
16	THU	_____
17	FRI	_____
18	SAT	_____

TO DO THIS WEEK

40
WEEKS TO NPW



THE SOUND OF YOUR VOICE

This short animated video and guide encourage parents to talk with their young adults about the consequences of underage alcohol use.

www.store.samhsa.gov

AUGUST 2018

19	SUN	_____
20	MON	_____
21	TUE	_____
22	WED	_____
23	THU	_____
24	FRI	_____
25	SAT	_____

TO DO THIS WEEK

39
WEEKS TO NPW

599,000 STUDENTS ARE INJURED UNDER THE INFLUENCE OF ALCOHOL

STOP UNDERAGE DRINKING | TOWN HALL MEETINGS

SEARCH

**STOP
UNDERAGE DRINKING**

RECENT RESEARCH AND RESOURCES

FUNDING OPPORTUNITY \$5

PREVENTION VIDEOS

WHAT'S NEW

ABOUT ICPOUD

AA-HHS-18-0005-0005 • Instagram • 2 Share

Talking With Your College-Bound Young Adult About Alcohol

Deciding where to go to college, what career path to pursue, and how to finance an advanced education are all decisions your college-bound son or daughter has made in moving toward independent adulthood—but your high school senior is not there yet.

Young adults still need and value their parents' guidance as they make decisions about their future. One of these decisions will be about alcohol use at college.

During their first 6 weeks, college freshmen seem especially vulnerable to underage alcohol use and its consequences, as they adjust to new social and academic environments.

However, research suggests that teens whose parents talked with them about alcohol avoidance before they began their first year of college are more likely not to use alcohol on its first use—and thus experience fewer alcohol-related consequences. These consequences include academic failure at work or injury risk, all too frequently, death.

The Sound of Your Voice is a short animated video that encourages parents to talk with college-bound students about alcohol use. View the video to learn why conversation is critical to a safe and successful college experience.

Need tips on how to start the conversation and what to say? Download Talking With Your College-Bound Young Adult About Alcohol [PDF 408KB].

Start talking with your young adult now about avoiding underage drinking in college. This is one more critical lesson that you can teach your son or daughter in making the most of a college education.

Additional resources are available from College Drinking—Changing the Culture®, a website of the National Institute on Alcohol Abuse and Alcoholism, U.S. Department of Health and Human Services.

About Us

StopUnderageDrinking.gov is the web portal for the Interagency Coordinating Committee on the Prevention of Underage Drinking (ICPOUD) and your gateway to comprehensive research and resources on underage drinking.

Our Policies

WEBSITE POLICIES
FOIA
SAMHSA POLICY LANGUAGE
SAMHSA PEAK LANGUAGE

Learn More

CONTACT US
SITE MAP
PAGE
NEWS & PLAYERS

ICPOUD AGENCIES | Click to view all federal Interagency Coordinating Committee on the Prevention of Underage Drinking member agencies

U.S. Department of Health and Human Services Administration for Children and Families Centers for Disease Control and Prevention Indian Health Service Substance Abuse and Mental Health Services Administration National Institute on Drug Abuse Office of the Assistant Secretary for Planning and Evaluation Office of the Surgeon General Substance Abuse and Mental Health Services Administration Federal Trade Commission Office of National Drug Control Policy	U.S. Department of Defense Office of the Assistant Secretary of Defense U.S. Department of Justice Office of Juvenile Justice and Delinquency Prevention U.S. Department of Education Office of Safe and Healthy Students U.S. Department of Transportation National Highway Traffic Safety Administration U.S. Department of Treasury Alcohol and Tobacco Tax and Trade Bureau
---	---

**NATIONAL
Prevention
Week 2018**
ACTION TODAY. HEALTHIER TOMORROW.

SAMHSA
www.samhsa.gov

AUGUST 31

INTERNATIONAL OVERDOSE AWARENESS DAY

Help raise awareness of overdose, remember those who have passed away due to drug use, and spread the message that overdose is preventable.

www.overdoseday.com

AUGUST – SEPTEMBER 2018

26	SUN	_____
27	MON	_____
28	TUE	_____
29	WED	_____
30	THU	_____
31	FRI	_____
1	SAT	_____

TO DO THIS WEEK

38
WEEKS TO NPW



SAMHSA'S NATIONAL RECOVERY MONTH

Recovery Month increases understanding of mental and substance use disorders and celebrates the people who recover. Join us in highlighting the achievements of individuals who have reclaimed their lives and honoring the providers who make recovery possible.

www.recoverymonth.gov

SEPTEMBER 2018

- | | | |
|---|-----|-------|
| 2 | SUN | _____ |
| 3 | MON | _____ |
| 4 | TUE | _____ |
| 5 | WED | _____ |
| 6 | THU | _____ |
| 7 | FRI | _____ |
| 8 | SAT | _____ |

TO DO THIS WEEK



37
WEEKS TO NPW

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

SUICIDE PREVENTION AWARENESS MONTH AND WEEK

Help promote resources and awareness about suicide prevention and ways to help others in need.

<https://suicidepreventionlifeline.org/>

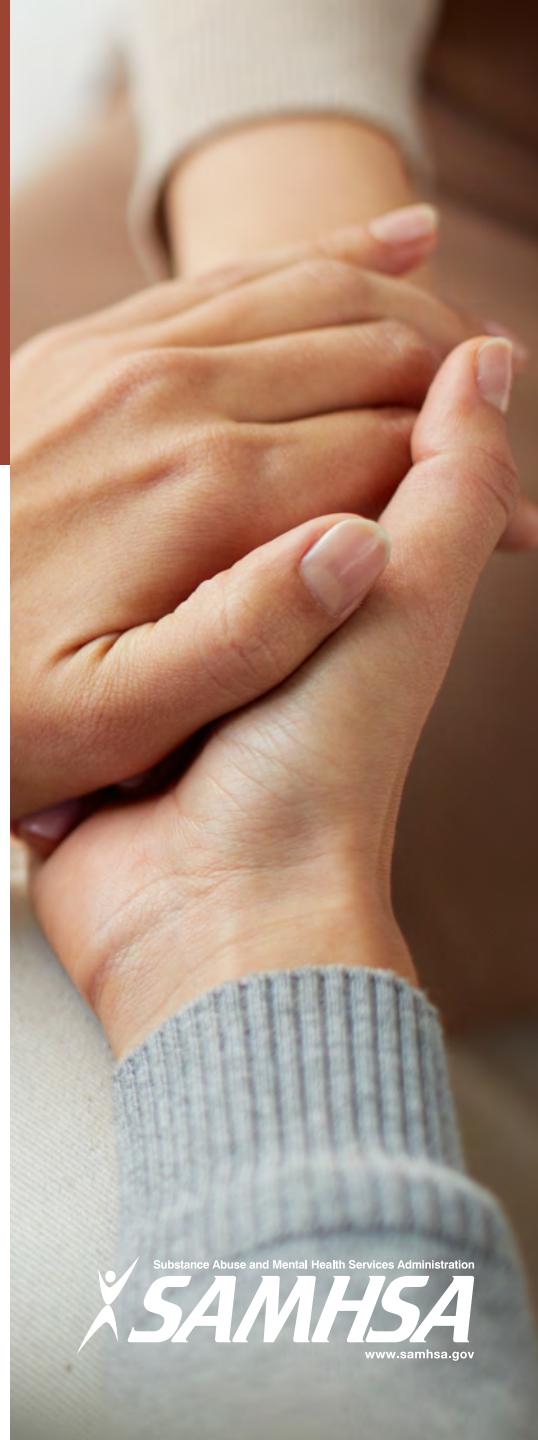
SEPTEMBER 2018

9	SUN	INTERNATIONAL FASD AWARENESS DAY
10	MON	WORLD SUICIDE PREVENTION DAY
11	TUE	
12	WED	
13	THU	
14	FRI	
15	SAT	

TO DO THIS WEEK



36
WEEKS TO NPW



NATIONAL WELLNESS WEEK

National Wellness Week, celebrated annually during the third week of September as part of SAMHSA's National Recovery Month, inspires individuals and communities to incorporate the Eight Dimensions of Wellness into their lives.

www.samhsa.gov/wellness-initiative

SEPTEMBER 2018

16	SUN	_____
17	MON	_____
18	TUE	_____
19	WED	_____
20	THU	_____
21	FRI	_____
22	SAT	_____

TO DO THIS WEEK



LEARN THE EIGHT DIMENSIONS OF WELLNESS

WELLNESS: CONNECTING ALL ASPECTS OF BEHAVIORAL HEALTH

Each dimension of wellness can affect overall quality of life. Through its Wellness Initiative, SAMHSA encourages individuals, organizations, and communities to work toward longer, healthier, and happier lives, particularly among people living with behavioral health conditions. The Eight Dimensions of Wellness take into account not only an individual's physical health, but all the factors that contribute to a person's overall wellness.

To learn more about the Eight Dimensions of Wellness, visit:
www.samhsa.gov/wellness-initiative



Source: Mental Health America, 2010; a revised definition of Physical Readiness, page 29, p. 30-31.



35
WEEKS TO NPW



SEPTEMBER 15 – OCTOBER 15

NATIONAL HISPANIC HERITAGE MONTH

Celebre el Mes de la Herencia Hispana dándole prioridad a su salud y la de su familia.

¡Elija un estilo de vida que contribuya a su salud mental y física, y marque la diferencia en su comunidad!

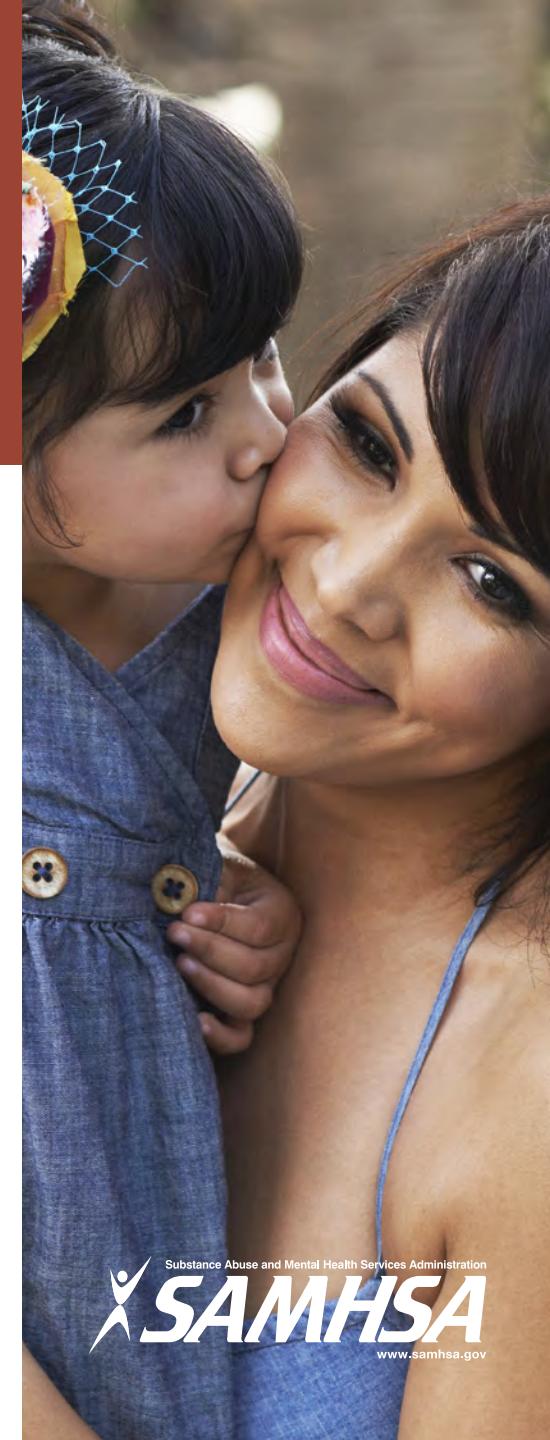
www.hispanicheritagemonth.gov

SEPTEMBER 2018

23	SUN	_____
24	MON	_____
25	TUE	_____
		NATIONAL PSYCHOTHERAPY DAY
26	WED	_____
27	THU	_____
28	FRI	_____
29	SAT	_____

TO DO THIS WEEK

34
WEEKS TO NPW





QUARTER 4

OCTOBER – DECEMBER

OCTO-

1. Create a draft budget and timeline.

NOVEMBER

2. Determine a location, then submit requests for any permits you need. Secure and reserve a location, but make sure to identify a backup location as well (e.g., in case of inclement weather if the planned location is outdoors).

DECEMBER

3. Contact sponsors, partners, and vendors who might help with costs, volunteer support, promotional materials, and other involvement.

NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING MONTH

Help yourself and those around you by learning about tools and resources for screening for mental health disorders.

<https://www.integration.samhsa.gov/clinical-practice/screening-tools>

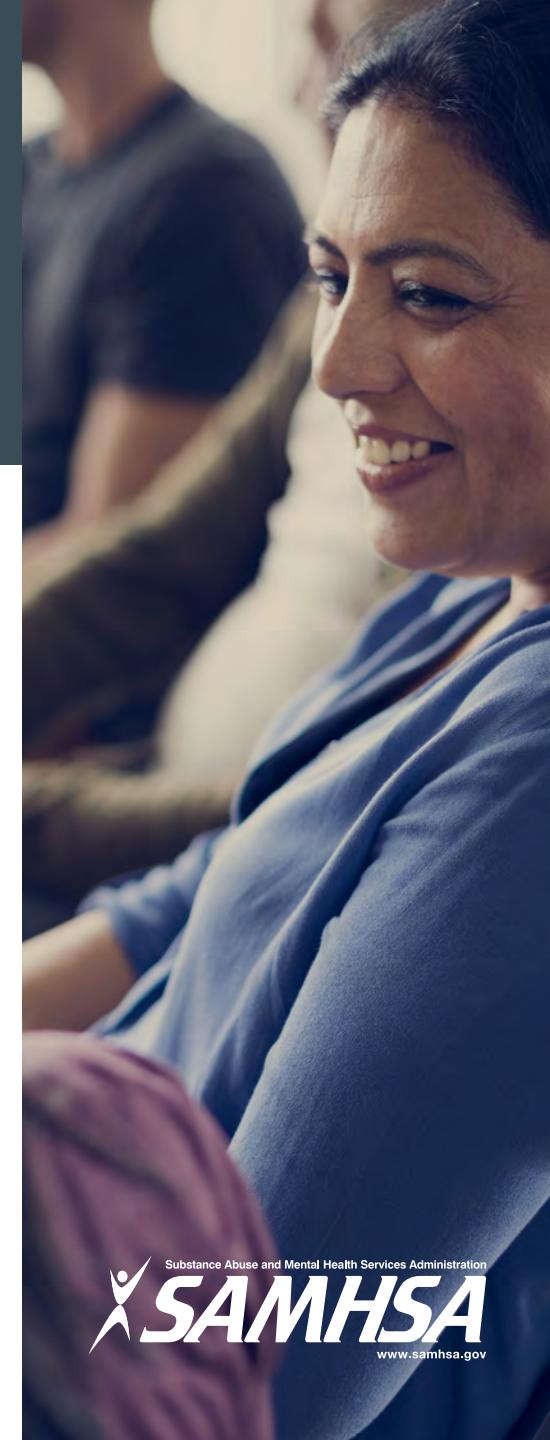
SEPTEMBER – OCTOBER 2018

30	SUN	_____
1	MON	_____
		CHILD HEALTH DAY
2	TUE	_____
3	WED	_____
4	THU	_____
5	FRI	_____
6	SAT	_____

TO DO THIS WEEK



33
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

NATIONAL BULLYING PREVENTION AWARENESS MONTH

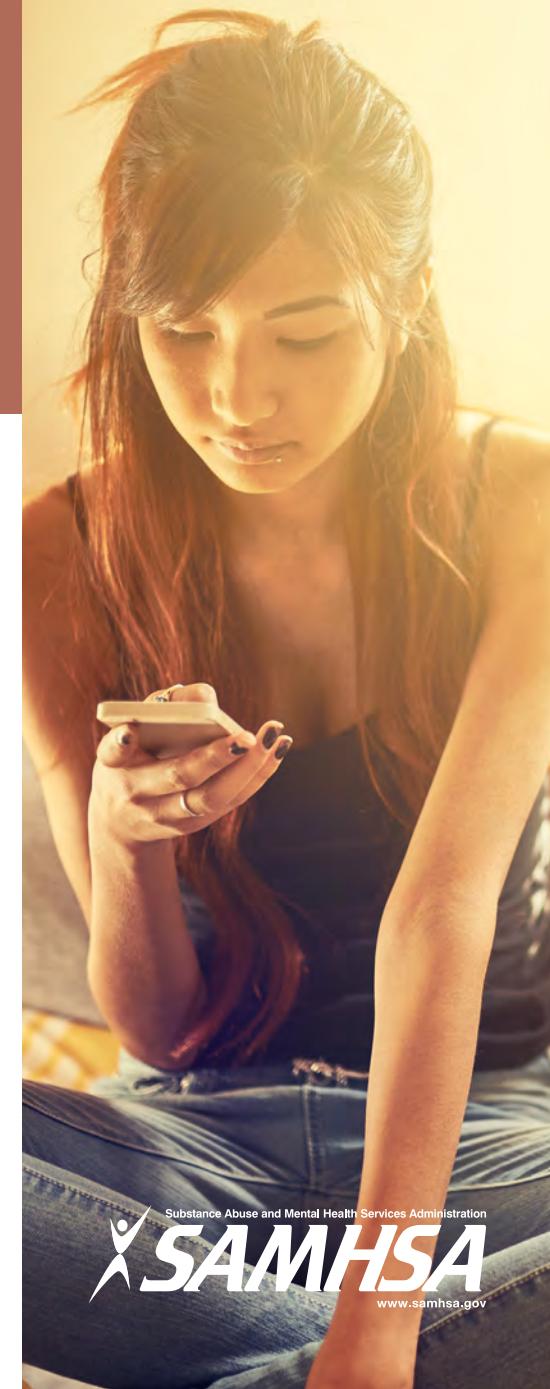
Join individuals, families, schools, and communities across the nation by helping raise awareness about bullying prevention. For ideas on getting involved, check out www.stopbullying.gov.

OCTOBER 2018

7	SUN	_____
8	MON	_____
9	TUE	_____
10	WED	_____
		WORLD MENTAL HEALTH DAY
11	THU	_____
		NATIONAL DEPRESSION SCREENING DAY
12	FRI	_____
13	SAT	_____

TO DO THIS WEEK

32
WEEKS TO NPW



NATIONAL ADHD AWARENESS MONTH

Promote acceptance of individuals with Attention-Deficit Hyperactivity Disorder (ADHD) by improving understanding of the symptoms and available treatments and resources.

www.samhsa.gov/treatment/mental-disorders/adhd

OCTOBER 2018

14	SUN	_____
15	MON	_____
		NATIONAL LATINX AIDS AWARENESS DAY
16	TUE	_____
17	WED	_____
18	THU	_____
19	FRI	_____
20	SAT	_____

TO DO THIS WEEK

31
WEEKS TO NPW



OCTOBER 21-27

RED RIBBON WEEK

Created in 1985 after drug traffickers murdered DEA agent Enrique "Kiki" Camarena, Red Ribbon Week has become an annual event demonstrating intolerance for drugs in our nation's schools, workplaces, and communities. Each year, people across the United States show their commitment to leading a healthy, drug-free lifestyle by wearing or displaying a red ribbon.

www.dea.gov/redribbon/RedRibbonCampaign.shtml

OCTOBER 2018

21	SUN	_____
22	MON	_____
23	TUE	_____
24	WED	_____
25	THU	_____
26	FRI	_____
27	SAT	_____

TO DO THIS WEEK

30
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

NATIONAL NATIVE AMERICAN HERITAGE MONTH

This month is dedicated to learning about the unique culture and richness of Native American people and the contributions they have made to the United States.

www.nativeamericanheritagemonth.gov

OCTOBER – NOVEMBER 2018

28	SUN	_____
29	MON	_____
30	TUE	_____
31	WED	_____
1	THU	_____
2	FRI	_____
3	SAT	_____

TO DO THIS WEEK

29
WEEKS TO NPW



USA.GOV

USA.gov shares essential information with the public regarding the government and the services it provides. Information regarding numerous topics and resources is available via multiple channels, depending on the user's preferences and needs.

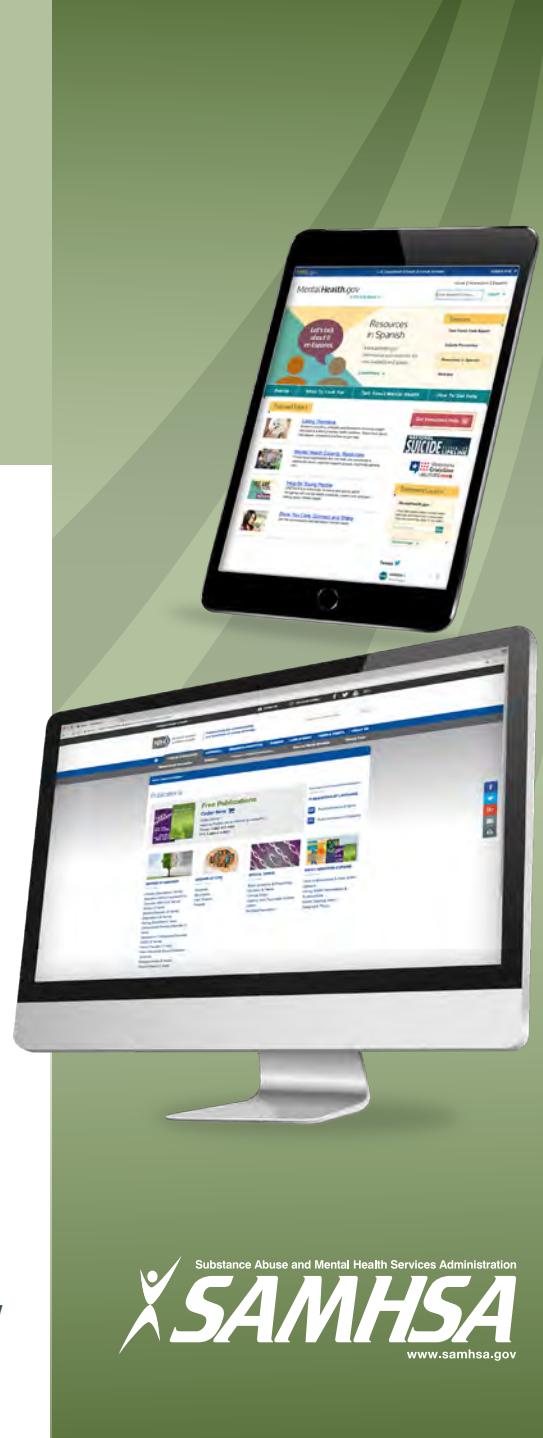
<https://www.usa.gov/>

NOVEMBER 2018

4	SUN	_____
5	MON	_____
6	TUE	_____
7	WED	_____
8	THU	_____
9	FRI	_____
10	SAT	_____

TO DO THIS WEEK

28
WEEKS TO NPW



NOVEMBER 15

GREAT AMERICAN SMOKEOUT

Encourage Americans to stop smoking today.

NOVEMBER 2018

11	SUN	_____
		VETERANS DAY
12	MON	_____
13	TUE	_____
14	WED	_____
15	THU	_____
		GREAT AMERICAN SMOKEOUT
16	FRI	_____
17	SAT	_____
		INTERNATIONAL SURVIVORS OF SUICIDE DAY

TO DO THIS WEEK

27
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

OFFICE OF ADOLESCENT HEALTH

The Office of Adolescent Health (OAH), part of the Department of Health and Human Services, strives to improve the health and well-being of adolescents so they can become healthy and productive adults.

OAH work includes research, education activities, training, and health promotion.

<https://www.hhs.gov/ash/oah/>

NOVEMBER 2018

TO DO THIS WEEK

18 SUN _____

19 MON _____

20 TUE _____

21 WED _____

22 THU _____

THANKSGIVING

23 FRI _____

24 SAT _____

26
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

PREVENT UNDERAGE DRINKING THIS HOLIDAY SEASON

Show your kids they do not need alcohol to make the spirits bright!

NOVEMBER – DECEMBER 2018

TO DO THIS WEEK

- | | | |
|----|-----|-------|
| 25 | SUN | _____ |
| 26 | MON | _____ |
| 27 | TUE | _____ |
| 28 | WED | _____ |
| 29 | THU | _____ |
| 30 | FRI | _____ |
| 1 | SAT | _____ |

WORLD AIDS DAY

25
WEEKS TO NPW



NATIONAL IMPAIRED DRIVING PREVENTION MONTH

Enjoy time with friends and families responsibly as the holiday season approaches. Take action against impaired driving.

DECEMBER 2018

TO DO THIS WEEK

- | | | |
|---|-----|-------|
| 2 | SUN | _____ |
| 3 | MON | _____ |
| 4 | TUE | _____ |
| 5 | WED | _____ |
| 6 | THU | _____ |
| 7 | FRI | _____ |
| 8 | SAT | _____ |

24
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

GET READY FOR NATIONAL PREVENTION WEEK 2019

As 2018 comes to a close, save the date for National Prevention Week 2019: May 12–18, 2019.

Start planning your events now!

www.samhsa.gov/prevention-week

DECEMBER 2018

9 SUN _____

10 MON _____

11 TUE _____

12 WED _____

13 THU _____

14 FRI _____

15 SAT _____

TO DO THIS WEEK

23
WEEKS TO NPW



SAMHSA'S SUICIDE SAFE

SAMHSA's Suicide Safe app helps health care providers integrate suicide prevention strategies into their practice.

Available from [Google Play](#) or [Apple iTunes](#).

DECEMBER 2018

TO DO THIS WEEK

16 SUN _____

17 MON _____

18 TUE _____

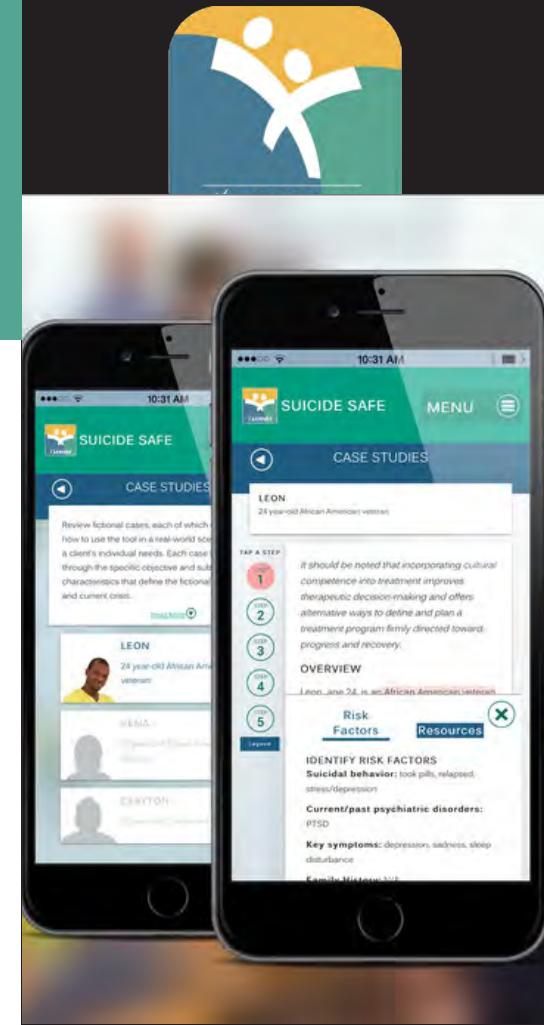
19 WED _____

20 THU _____

21 FRI _____

22 SAT _____

22
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

WISHING YOU
**HAPPY HOLIDAYS
AND A HAPPY NEW YEAR**

This holiday season, support your family and community by promoting positive mental health and staying substance-free.

DECEMBER 2018

23 SUN _____

24 MON _____

25 TUE _____

26 WED _____

27 THU _____

28 FRI _____

29 SAT _____

30 SUN _____

31 MON _____

TO DO THIS WEEK



21
WEEKS TO NPW



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov